



PROBUS Club of Central Edmonton

Newsletter

September 2024

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Trust everyone is enjoying the beauty of the River Valley with the changes of the fall colours.

September 17 – Presentation

Loreen Wales, BSc, BA RD, founder and CEO, Revive Wellness & My Viva

A near death experience at 19 forever changed Loreen's perspective on life. After a long recovery, she completed a degree in Psychology and Nutrition and became a registered dietitian. She spent the first 10 years in kidney disease program at the UofA hospital and was part of several published research studies and leading program development and clinical evaluation. At that point she decided to join the private sector to focus on preventative care and started a successful dietitian practice. Loreen realized that digital technology was a powerful tool that could empower people to live more fulfilling lives and improve efficiency at the same time. Consequently, she created Viva.

Loreen spoke about the importance of understanding the totality of a patients needs and has developed the technology and support systems to help people with chronic illness. The goal is to be aware of the patients needs and best practices for their overall health. One sample was those waiting for knee replacement, which can be over two years in Alberta, who while waiting are less active, end up gaining weight, can develop onset diabetes, can experience social isolation, and have a decline in mental health.

We are not Supporting People Effectively



Technology Supports The Quintuple Aim Framework



CHES Health Solutions, 2023



Digital Platforms for Personalized Lifestyle Medicine



WHO Global Strategy on Digital Health, 2021



The Chronic Disease Care Gap: Current State

80% of primary care provider visits are related to stress and lifestyle

American College of Lifestyle Medicine, 2023



77.3% consume fruits/vegetables less than 5x a day*



60.6% do not meet physical activity guidelines*



60.6% do not meet physical activity guidelines*

Public Health Agency of Canada, 2020

September 26, 2024, Hope Missions with Ryan Ward

Ryan Ward has been part of Hope Missions for 23 years, he is very grateful to his wife and family for their support of his dedication to the people he serves. When his son asked if he likes his job, he commented, “no”. Ryan knows his job is hard, but he feels it is his calling. He has hope in the “Micro miracles” that keeps him going.



Our small group with Ryan Ward

Hope mission operates several facilities throughout the city. There are two buildings downtown, which feeds over 2,000 per day and can sleep up to 800 men people each night (Women are housed in a separate location for their safety). There is a clinic in the main building with nurses, and paramedics, as well as some clean bathrooms and showers. The mission has wooden partition beds (pictured below) which helps greatly with privacy. They would like to acquire more of these for

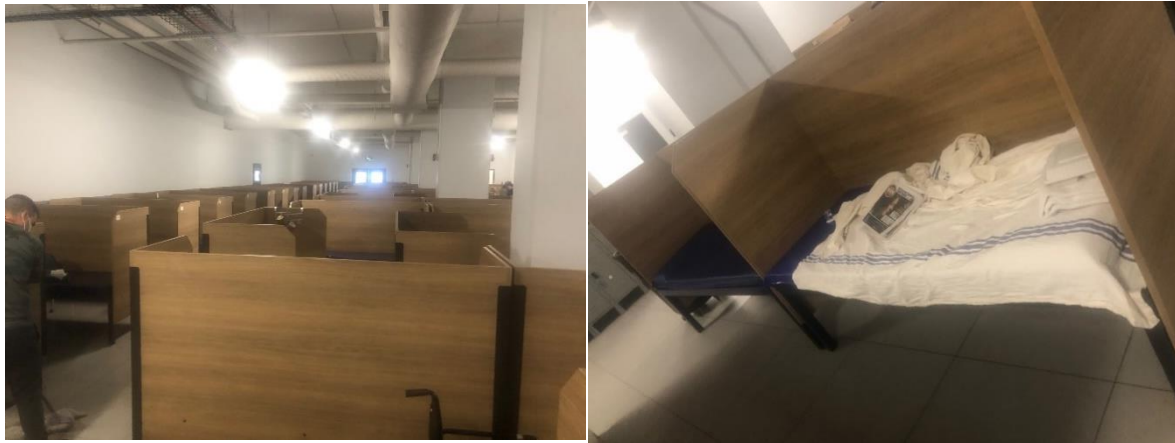
other rooms, as they have seen the benefit these beds have for people.

According to Ryan, there are 3 main groups that need the services of hope mission. The first group, around 65% of folks using hope missions stay between 1-21 days and they are back on their feet afterwards. Reasons for needing hope mission includes loss of job, moving to a new province as well as many more. He has seen former CEOs who have lost everything to fathers who have lost a child and temporarily just gave up. Having a little help allows them the time and support

for them to get back on their feet. The second group, around 25-30%, have Episodic Homelessness, these are folks having seasonal mental illness and/ or addiction, and stop doing some of the things that were keeping them stable. With the support of hope mission and related services, these people usually rebound in a month or two, regain their healthier mental states and go back to their lives. The last group, around 5-7%, have Chronic Homelessness. These people live homeless for years and sometimes decades. Ryan has seen several generations of people living with chronic homelessness in his 23 years.

Ryan is pleased with the Police crack down on encampments, his experience is that many are getting harmed. The gang mentality and often women are held in tents, drugged and trafficked. Ryan states they are very housing focussed to move folks along and helping them to heal. The annual budget for these facilities in Edmonton is 10 million.

My main takeaway from this outing was a message of hope. As sad as it was to see hundreds of people sitting outside on the streets waiting for meals, to be let back into the buildings after the daily disinfectant cleaning is done, or the many encampments throughout the city, we learned from Ryan that there are more successes than not.





The wooden partition beds allow the people who stay at hope mission a sense of privacy that can be very comforting during their time of need, but there are not enough for everyone who needs them. The basic bunk beds are where the majority of people have to stay. Ryan would love to see more patrician beds at hope mission.

President's Message

Few places are more colourful than our river valley in autumn. We hold our monthly meetings on the second floor of the club house at Victoria Golf Course, Canada's oldest city-run course, first developed in 1896. Floor to ceiling windows provide a spectacular view of the river valley colours. After the meeting, please stay and join us for lunch, catered by Greenhouse Restaurant.

A few weeks ago, I travelled the Northwest Passage by ship. It was the same route Sir John Franklin took in 1845 with his two ships, HMS *Terror* and *Erebus*. Franklin was on the hunt for a shorter trade route between Europe and Asia. His expedition ended early and tragically for all on board.

My experience above the Artic Circle was a whole lot more enjoyable. Equipped with a reinforced hull and a first-class chef, our ship was both safe and fun. I learned a great deal from the scientists and researchers that travelled with us. A variety of seal, humpback whale, muskox, polar bear, fox and 27 species of birds were seen along the way! And plenty of icebergs.



A major highlight of the trip was meeting with residents of Pond Inlet (Mittimatalik), located on the northern tip of Baffin Island, Nunavut. They treated us to an entertaining afternoon of Inuit songs, stories and games of endurance. I'd never seen or heard anything like it before. It was wonderful.

Sailing through the land-of-the-midnight-sun gave me an appreciation for the vastness of Canada's north and the spirit of those who live there.

I look forward to seeing you on Tuesday, October 15th at 10:00AM.

SW

A little humour

Why shouldn't you tell secrets in a cornfield: There are too many ears all around.

What do you call it when a cow grows facial hair? A Moo-stache.

Did you hear about the cleaners who went to space? They ended up scrubbing the mission.

What kind of underpants do lawyers wear? Briefs.

Did you hear about the two rowboats that got into an argument? It was an oar-deal.